



STATE REPRESENTATIVE
JESSE JAMES

34th Annual Excellence in Education

Some of the cool things I get to be a part of is seeing and doing things I never have done before. I started May out by attending an event at Lake Wissota Golf Club, the 34th Annual Excellence in Education. An event which honors those from Chippewa Falls who are graduating in the top five percent of their class. Senator Bernier and I handed out citations to each of the recipients and congratulated their nominating teachers. Holly Hakes from Realiving offered advice to the graduating classes from Chi-Hi and McDonnell Catholic Schools.

She stated the following which is a synopsis of her words into mine: All of our bumps we face in life can hit you whenever. It's hard to figure out sometimes what to do to make things better. You have to get through all of it and be resilient. You need to start with self-awareness, which sounds simple but it is hard to identify a feeling. All feelings are different. Self-manage your emotions. Just because you are stressed does not mean you can take it out on other people, or sleep under the covers all day, you have to double down on self-care. The first thing you will want to do is point the finger at someone else but yourself. People don't know how to self-care. Some ideas Holly offered included:

EAT RIGHT

DRINK RIGHT

SLEEP RIGHT

The most powerful thing about these recommendations is that ALL OF US CAN DO THIS!

It was great seeing Holly and her husband Lee. I am honored to be a part of something so special.

Congratulations Graduating Class of 2019.

A handwritten signature in blue ink, appearing to be "R. Lee", written in a cursive style.